

Overweight and obesity

A note about this indicator:

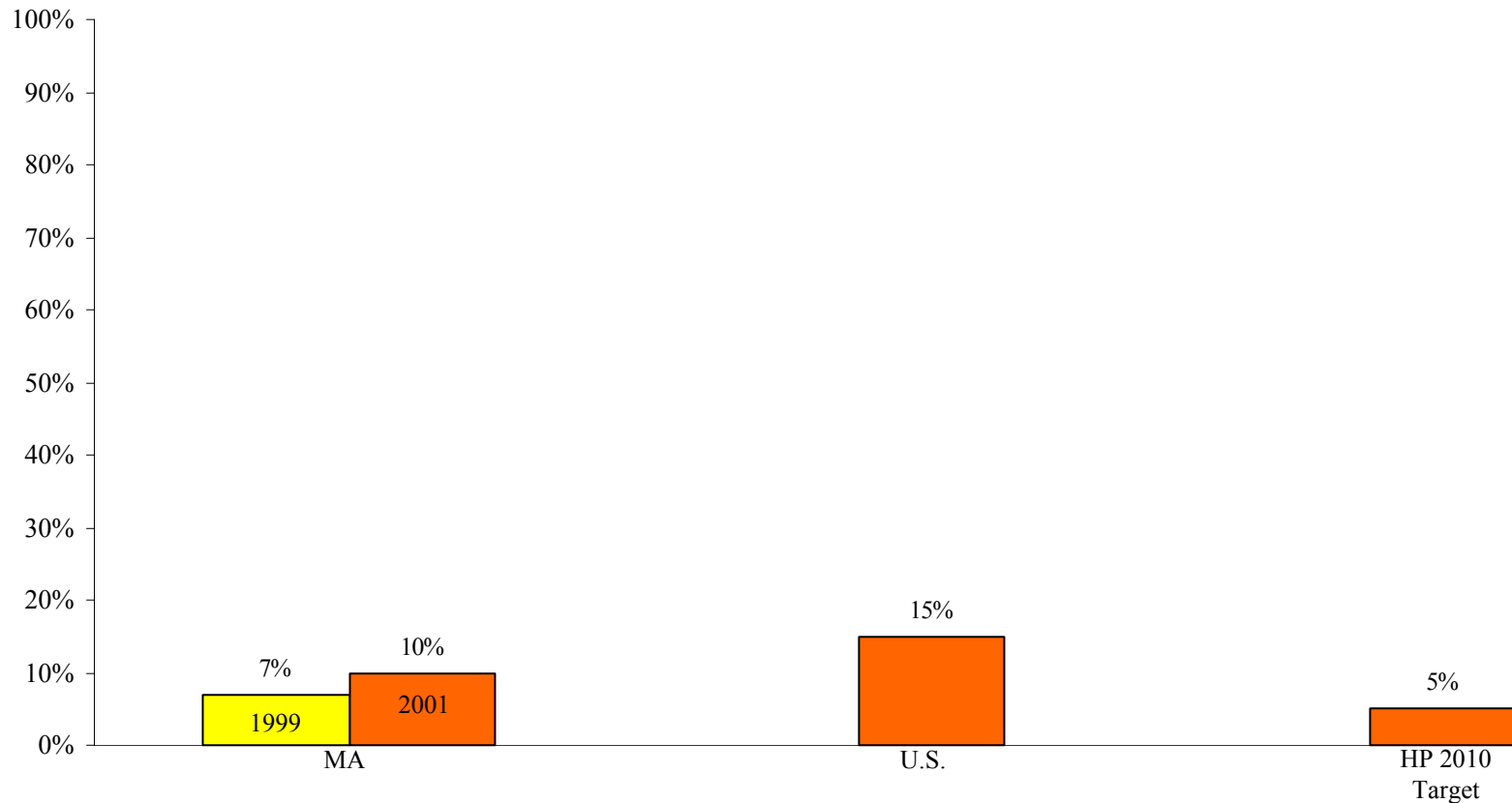
The objectives selected to measure progress among children, adolescents, and adults for this Leading Health Indicator are presented below. These are only indicators and do not represent all the nutrition and overweight objectives included in Healthy People 2010.

19-3c. Reduce the proportion of children and adolescents who are overweight or obese.

19-2. Reduce the proportion of adults who are obese.

Data Sources: Behavioral Risk Factor Surveillance System (BRFSS) and the Youth Risk Behavior Survey (YRBS).

Overweight and Obesity Adolescents MA (1999¹, 2001²), U.S. (1999-2000), HP 2010



Objective: 19-3c Reduce the proportion of children and adolescents who are overweight or obese

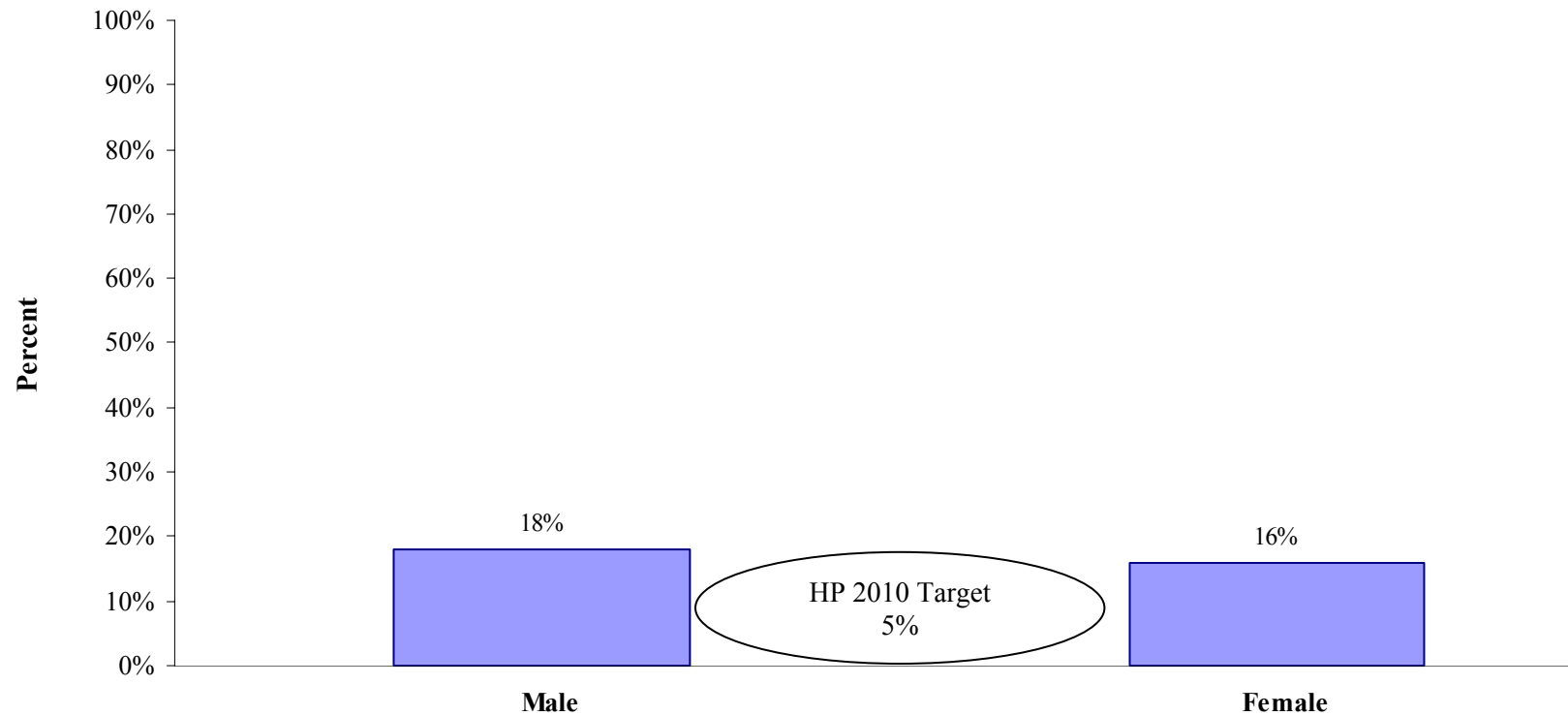
In those aged 6-19 yrs, overweight or obesity is defined as at or above the sex- and age- specific 95th percentile of Body Mass Index (BMI) based on a preliminary analysis of data used to construct the 2000 U.S. Growth Charts (provisional data).

Sources: Centers for Disease Control and Prevention. National Center for Health Statistics. National Health and Nutrition Examination Survey. 1988-1994. Massachusetts Department of Education. Youth Risk Behavior Survey. 1999, 2001.

^{1,2} Since 1999, the YRBS has asked students to report actual height and weight, thus permitting calculation of BMI (1999: 15% at risk of becoming overweight and 7% definitely overweight; 2001: 15% at risk of becoming overweight and 10% definitely overweight).

Note: MA has no identified sources of data on overweight and obesity in children.

Overweight and obesity Adolescents by Gender MA (2001)



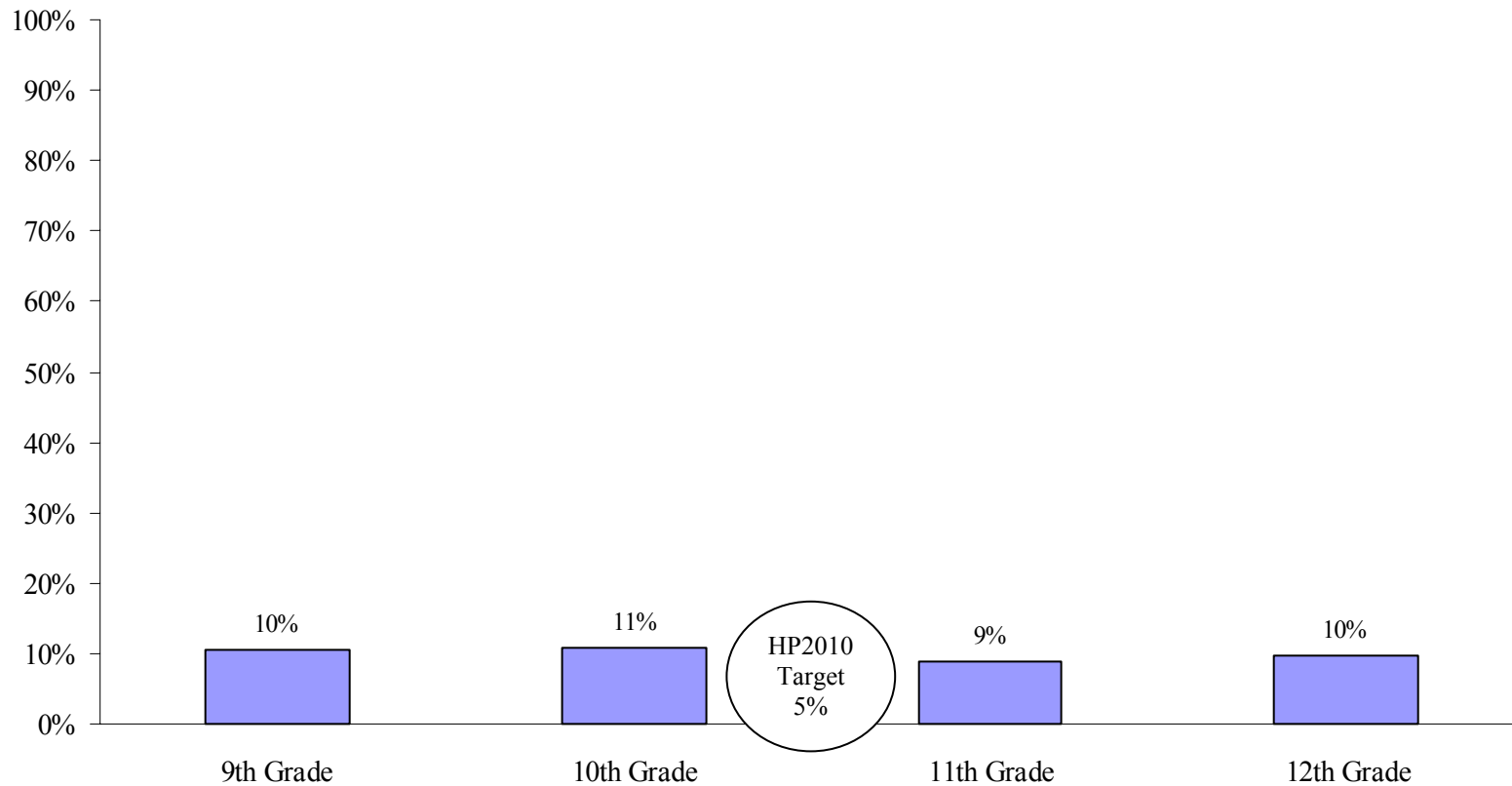
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In those aged 6-19 yrs, overweight or obesity is defined as at or above the sex- and age- specific 95th percentile of Body Mass Index (BMI) based on a preliminary analysis of data used to construct the 2000 U.S. Growth Charts (provisional data).

Sources: Massachusetts Department of Education. Youth Risk Behavior Survey. 2001.

Since 1999, the YRBS has asked students to report actual height and weight, thus permitting calculation of BMI (2001: Risk of becoming overweight: 16.6% males and 13.2 females; 18% males and 16% females definitely overweight).

Overweight and obesity Adolescents by Grade MA (2001)



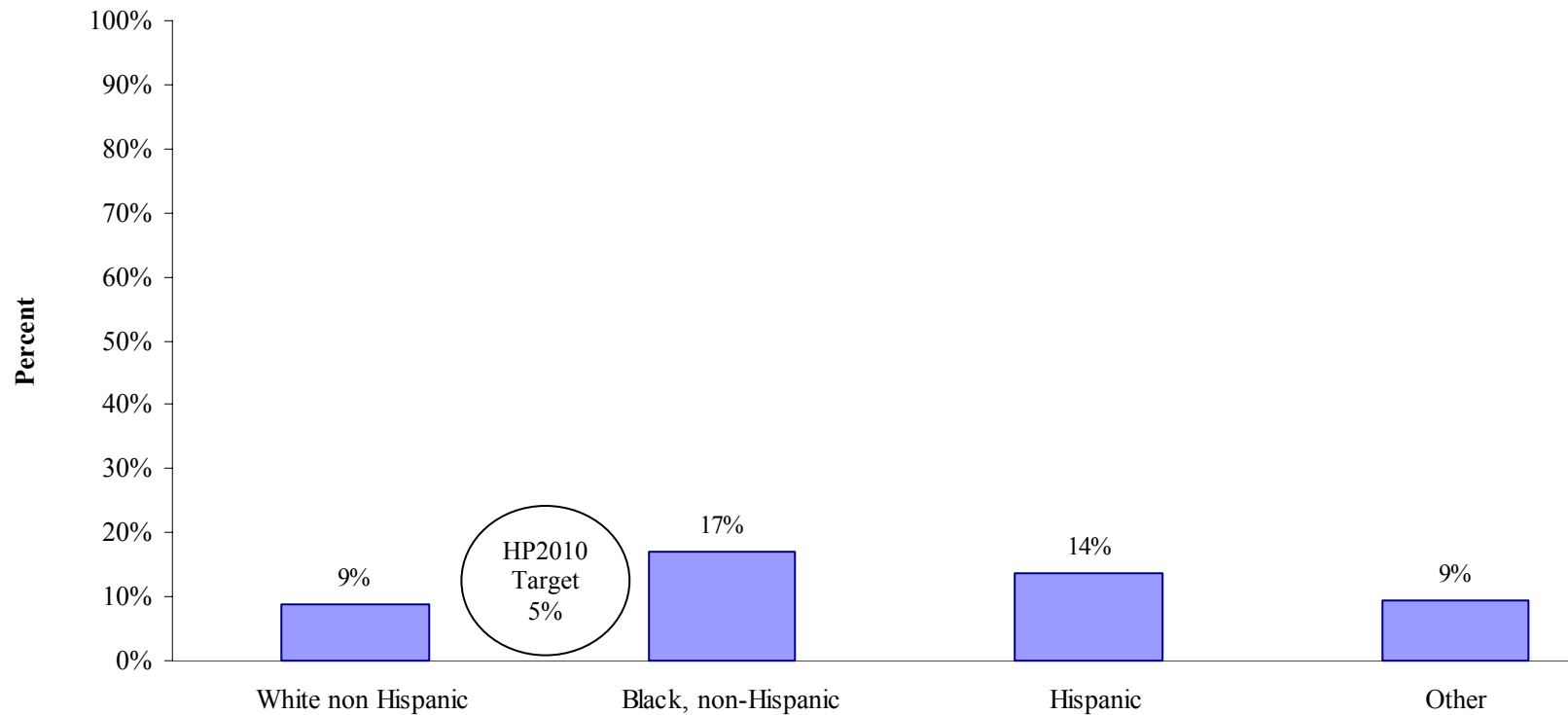
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Sources: Massachusetts Department of Education. Youth Risk Behavior Survey. 2001.

Since 1999, the YRBS has asked students to report actual height and weight, thus permitting calculation of BMI .

**Overweight and obesity
Adolescents by Race/Hispanic Ethnicity
MA (2001)**



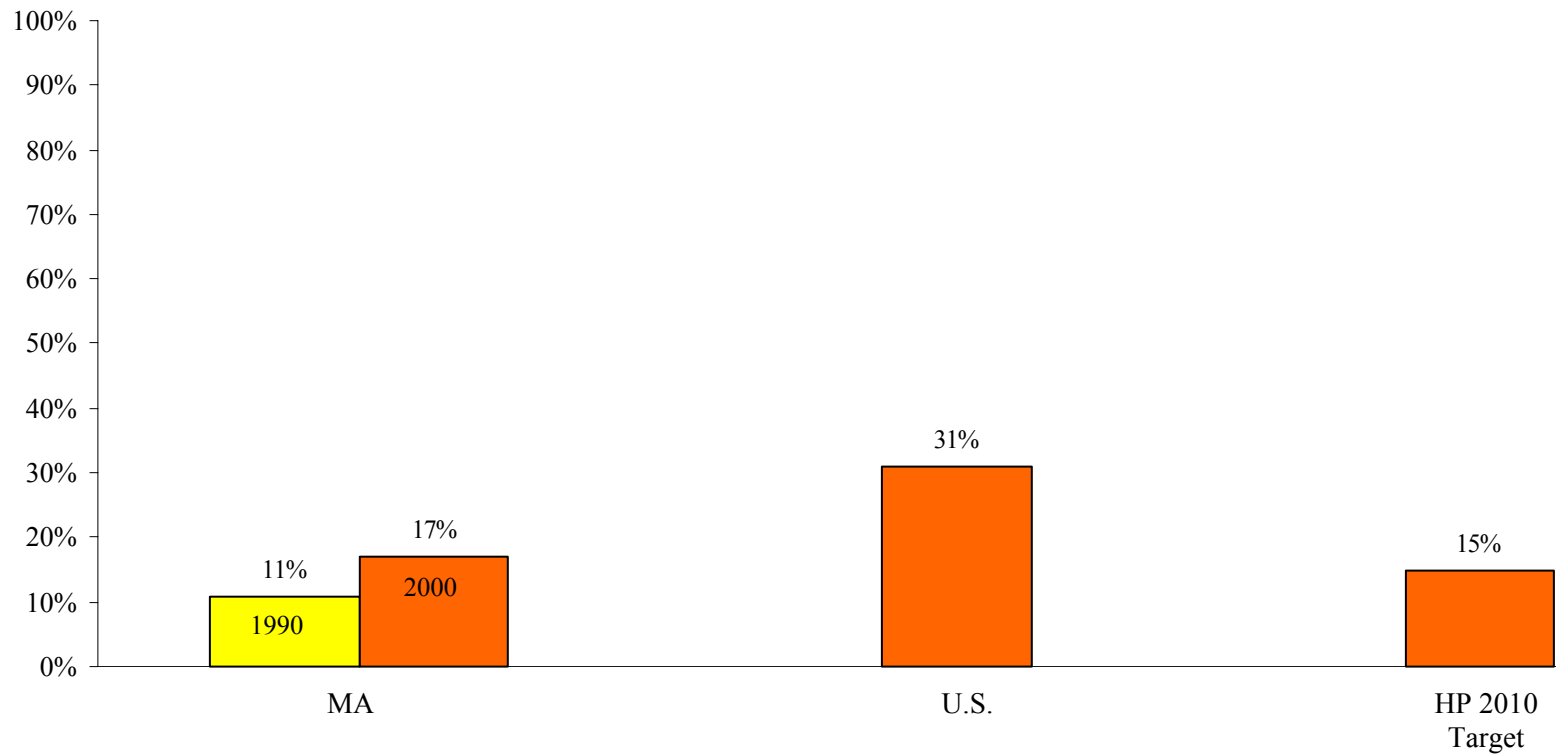
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Sources: Massachusetts Department of Education. Youth Risk Behavior Survey. 1999, 2001.

Since 1999, the YRBS has asked students to report actual height and weight, thus permitting calculation of BMI (1999: 15% at risk of becoming overweight and 7% definitely overweight; 2001: 15% at risk of becoming overweight and 10% definitely overweight).

**Percentage* of Adults who are Obese,
Persons Ages 20+ years
MA (1990, 2000), U.S. (1999-2000), HP2010**



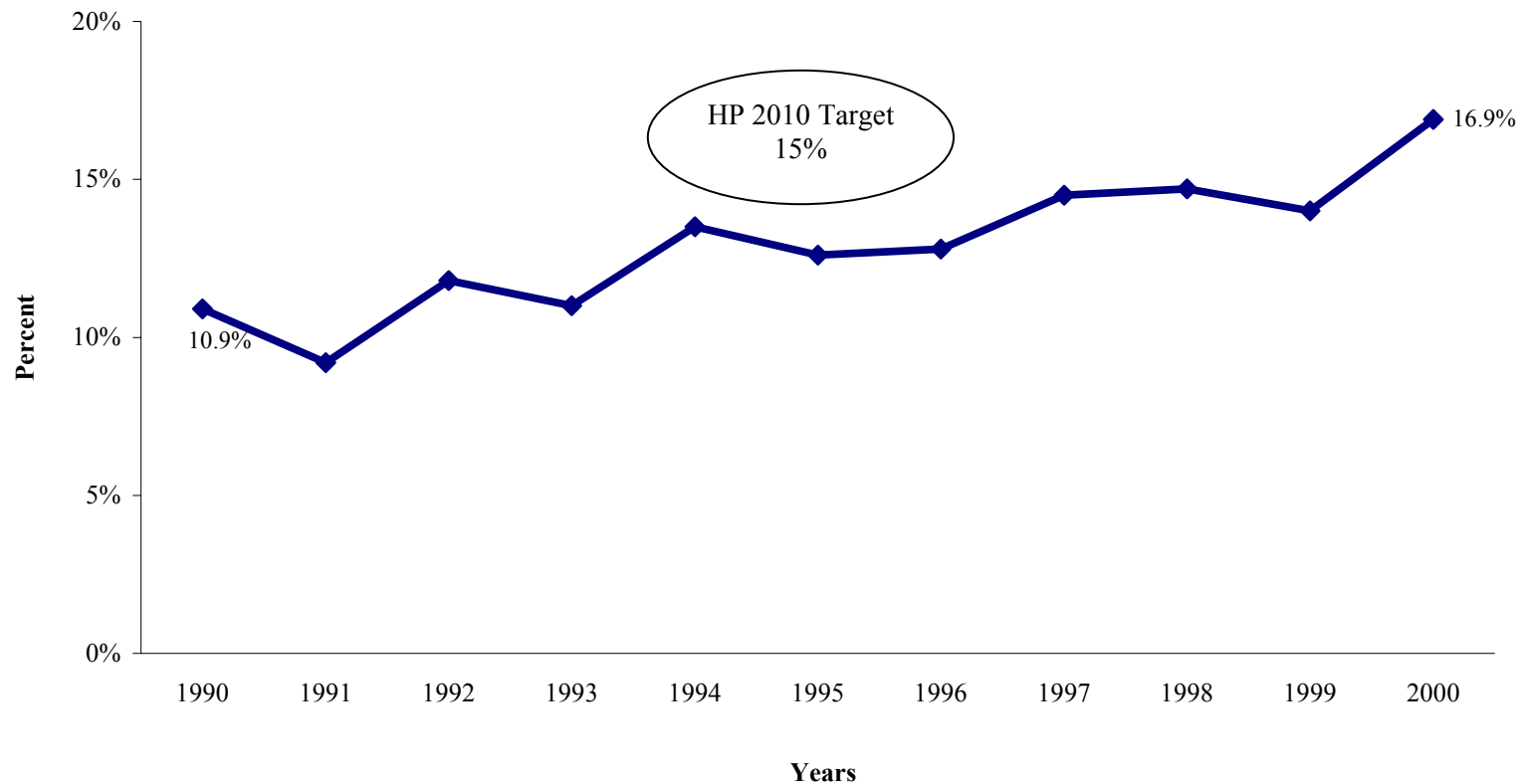
Objective: 19-2 Reduce the proportion of adults who are obese

In adults, obesity is defined as a of Body Mass Index (BMI) of 30 kg/m² or more; overweight is a BMI of 25 kg/m² or more. BMI is calculated as weight in kilograms (kg) divided by the square of height in meters (m²).

Sources: Centers for Disease Control and Prevention. National Center for Health Statistics. National Health and Nutrition Examination Survey. 1999. Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 1990, 2000.

*Percentages are age-adjusted to the 2000 US Population. Because many objectives in HP 2010 have outcomes that vary by age, data for a number of objectives are adjusted to control for differences due only to differences in age composition.

**Percentage* of Adults who are Obese,
Persons Ages 20+ years
MA (1990-2000)**



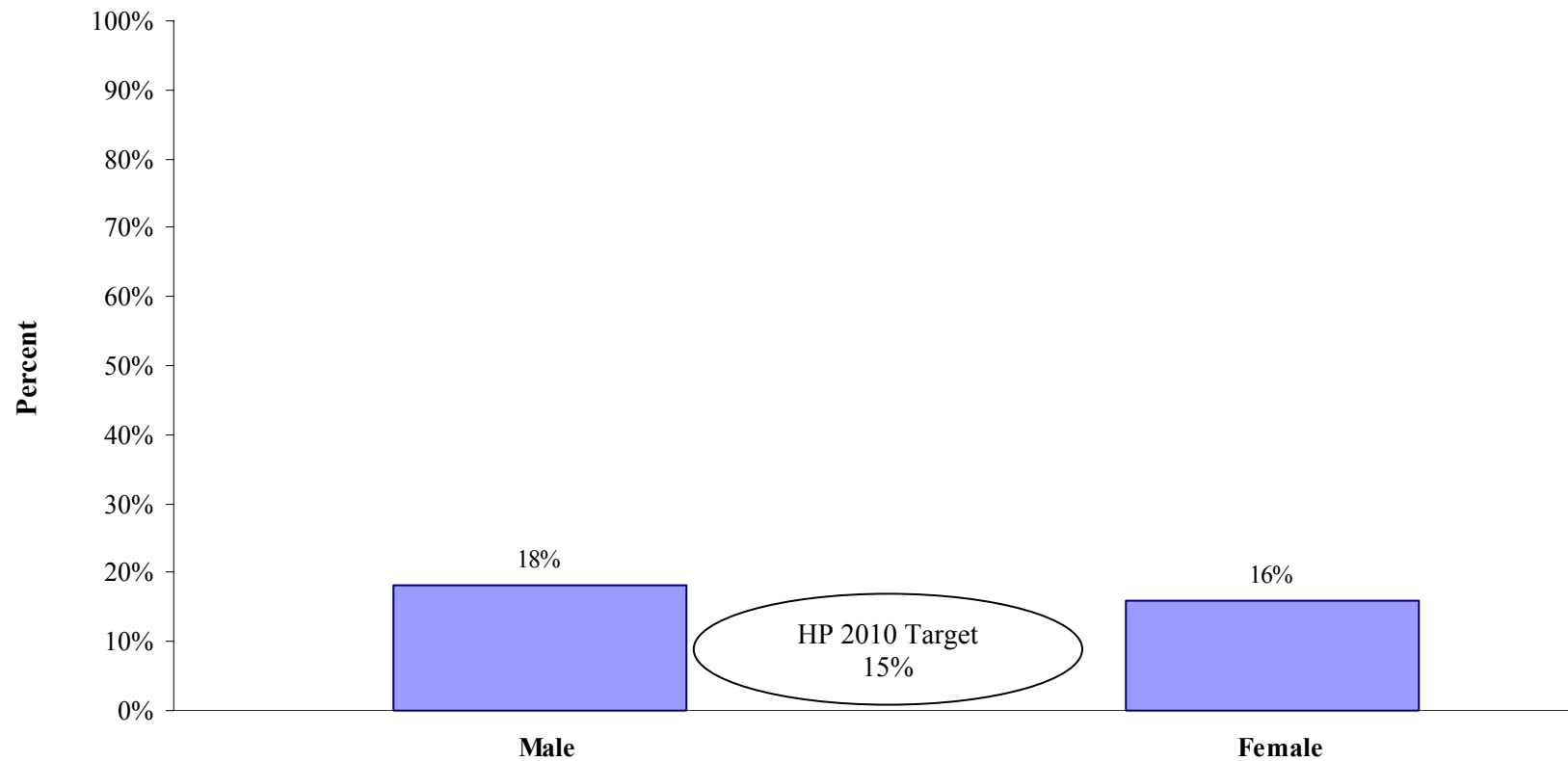
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Source: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 1990-2000.

*Percentages are age-adjusted to the 2000 US Population.

**Percentage* of Adults who are Obese,
Persons Ages 20+ years by Gender
MA (2000)**



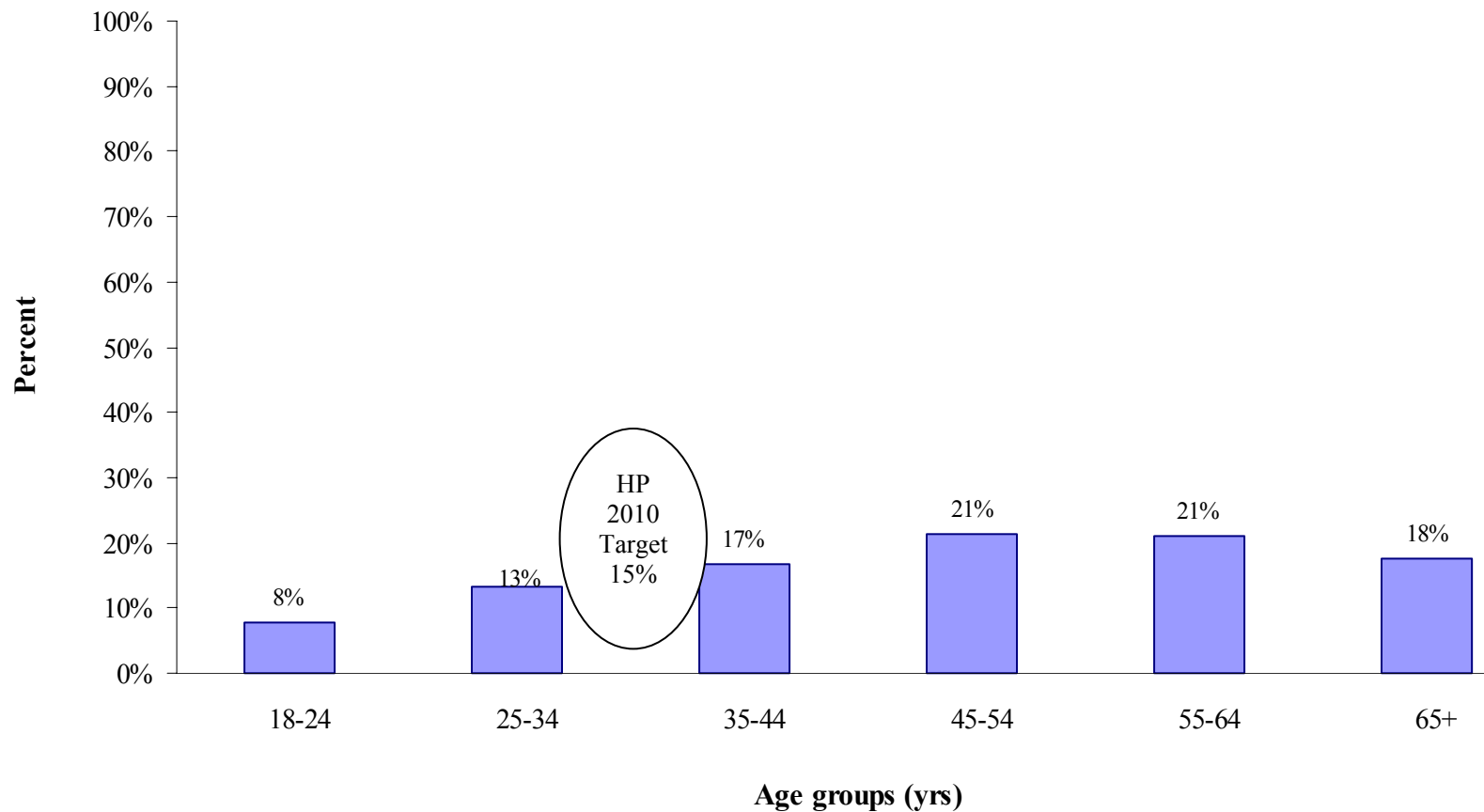
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Source: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

*Percentages are age-adjusted to the 2000 US Population.

**Percentage* of Adults who are Obese,
Persons Ages 20+ years by Age Group
MA (2000)**



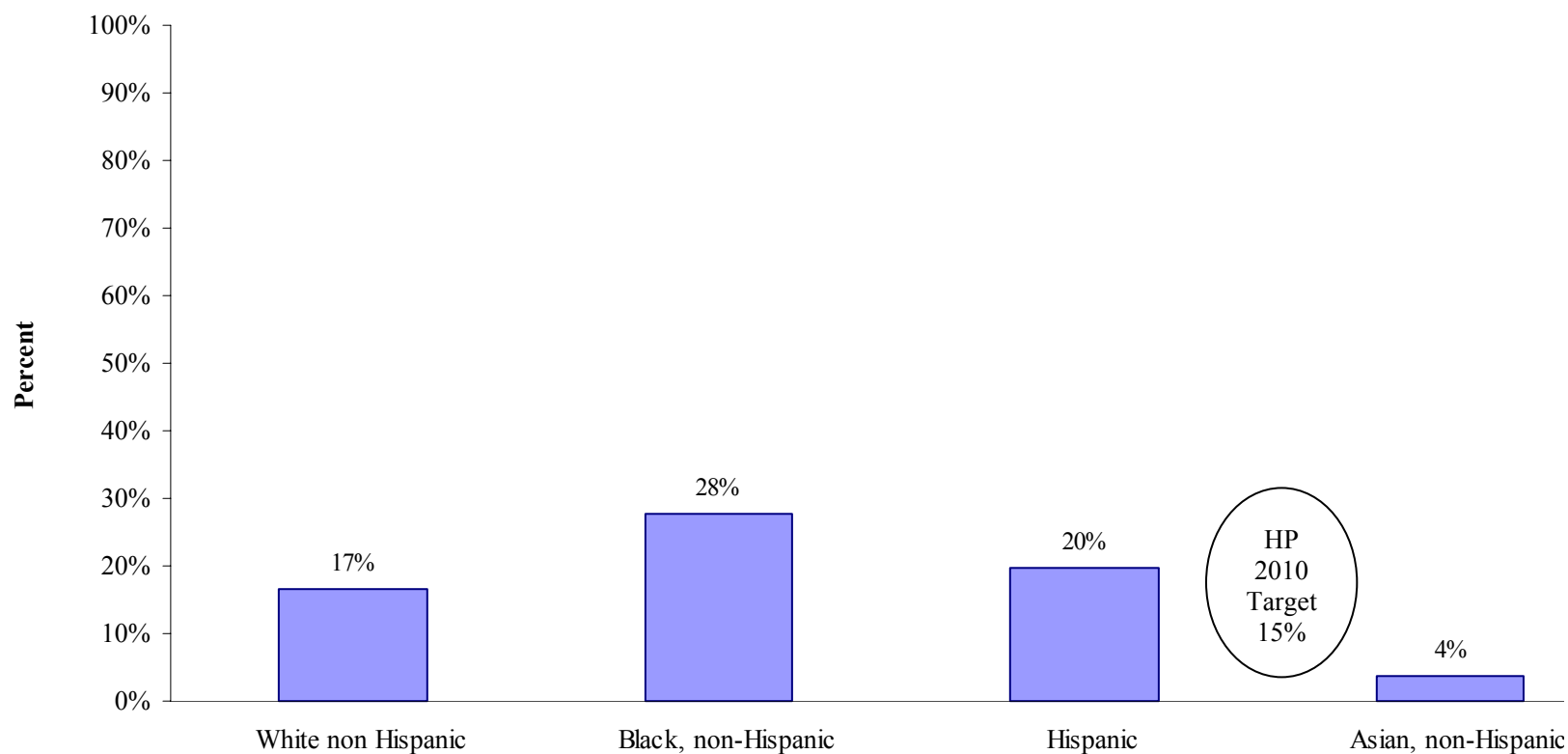
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Source: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

*Percentages are age-adjusted to the 2000 US Population..

**Percentage* of Adults who are Obese,
Persons Ages 20+ years by Race/Hispanic Ethnicity
MA (2000)**



Objective: 19-2 Reduce the proportion of adults who are obese

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Source: Massachusetts Department of Public Health. Bureau of Health Statistics, Research and Evaluation. BRFSS. 2000.

*Percentages are age-adjusted to the 2000 US Population.

